



CFAY "KILL-A-WATT" CHALLENGE

- ✱ **WHEN:** Wednesday, October 15, 2014,
1000-1200
- ✱ **WHAT:** Turn Off Any Electricity In Your Home
Or Workplace That You ***DO NOT NEED.***
- ✱ **WHY:** For CFAY To Work Together To Set the
Example As An Energy Saving Leader



TIPS FOR ENERGY SAVING THAT

YOU CAN DO AT HOME AND WORK



- Close the door to any space you rarely use. Do not waste energy to cool or heat a space you do not occupy.
- Lighting in your space—Do you really need all the lights on? Can you simply reduce to only the lights you need?
- **TURN OFF lights and electrical equipment when you leave or not using it!**
- Is it truly hot or cold? Feel more comfortable by opening a window. Wear long sleeves or take off unneeded layers rather than reaching for the thermostat.
- Are you truly using all of the appliances plugged in around your office or home? Look around and see what you have plugged in.
- Unplug any mobile phone chargers or other appliances when you are not using them. Plugged in appliances suck power (called “Vampire Loads”) even when not on or no longer charging.
- Only run laundry or dishwashers with a FULL load and at non-peak demand hours.





CFAY ENERGY FAIR

On Oct 17, Friday, 10:30 to 14:30

@ Red Brick Area in front of Commissary / NEX

✱ **All CFAY Community Welcome for the Fun.**

✱ **Come See How Much Power YOU Can Generate with a Bicycle!**

✱ **Event:**

■ **Participate in Energy *SUMO* Wrestling with PRIZES!**

■ **Local Vendors Will Demonstrate Energy Technologies Used in Japan**

■ **BBQ for Sale On Site**

Come Join Us, FREE Fun For All!



Navy's Birthday Energy Awareness 5K Run

Wednesday, October 8 • 1130 • Purdy Fitness Center

For more details regarding any Adult Sports activities,
please call the Adult Sports Office at 241-2955.

captain's cup

